






MDE Recommended Maximum Meals Each Year for Maryland Waters

Recommendation based on 8 oz (0.227 kg) meal size, or the edible portion of 9 crabs (4 crabs for children)

Meal Size: 8 oz - General Population; 6 oz - Women; 3 oz - Children




NOTE: Consumption recommendations based on spacing of meals to avoid elevated exposure levels

Species	Waterbody	Recommended Meals/Year			Contaminants
		General Population	Women*	Children**	
		8 oz meal	6 oz meal	3 oz meal	
 American Eel	Back River	7	5	4	PCBs - risk driver Pesticides***
	Bush River	47	36	28	
	Lower Potomac River (DC Line to MD 301 Bridge)	19	14	11	
	Northeast River	22	17	13	
	Middle River	12	9	7	
	Patapsco River/Baltimore Harbor	AVOID	AVOID	AVOID	
	Patuxent River	26	20	15	
 Black Crappie	Lake Roland	12	12	12	PCBs; Pesticides*** - risk driver
	Liberty Reservoir	96	48	48	
 Bluegill	Statewide: all publicly accessible lakes and impoundments	96	96	96	Methylmercury - risk driver
	Statewide: all rivers and streams	No Advisory	No Advisory	No Advisory	
 Blue Crab	Patapsco River/Baltimore Harbor	96	96	24	PCBs - risk driver
	(1 meal equals 9 crabs) (4 crabs for children)	DO NOT CONSUME "MUSTARD"			
 Brown Bullhead	Back River	33	25	20	PCBs - risk driver Pesticides***
	Middle River	39	30	23	
	Northeast River	27	21	16	
	Patapsco River/Baltimore Harbor	14	10	8	

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		General Population	Women*	Children**	
		8 oz meal	6 oz meal	3 oz meal	
 Channel Catfish	Back River	6	5	4	PCBs - risk driver Pesticides***
	Bohemia River	12	9	7	
	Bush River	14	11	8	
	Chester River	30	22	18	
	Choptank River	52	40	31	
	Elk River (incl. C&D Canal)	7	5	4	
	Gunpowder River	15	12	9	
	Middle River	> 18" 4	AVOID	AVOID	
	Nanticoke River	90	68	53	
	Northeast River	18	14	11	
	Patapsco River/Baltimore Harbor	AVOID	AVOID	AVOID	
	Patuxent River	34	26	20	
	Pocomoke River	97	73	57	
	Lower Potomac River (DC Line to MD 301 Bridge)	< 18" 17 > 18" 11	13 AVOID	10 AVOID	
	Sassafras River	9	7	5	
	Susquehanna River	10	8	6	
 Common Carp	Back River	AVOID	AVOID	AVOID	PCBs - risk driver Pesticides***
	Advisory for carp should also apply to Elk River, C&D Canal, Bohemia River, Bush, Potomac, Gunpowder, Patapsco, and Northeast since elevated levels in these species may be anticipated.				
 Small and Largemouth Bass	Statewide: all publicly accessible impoundments	48	48	24	Methylmercury - risk driver
	Lake Lariat, Frostburg, and Savage Reservoirs; Potomac River @ Spring Gap	12	12	AVOID	Methylmercury - risk driver
	Statewide: all rivers and streams	No Advisory	96	96	Methylmercury - risk driver
	Lake Roland - Largemouth Bass	24	24	24	PCBs; Pesticides*** - risk driver
	Advisory for lakes and impoundments above also apply to pickerel, northern pike, and walleye				

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		8 oz meal	6 oz meal	3 oz meal		
 Spot	South River	50	38	30	PCBs - risk driver Pesticides***	
 Striped Bass (Rockfish)	Chesapeake Bay and Tributaries				PCBs - risk driver Methylmercury	
	May 16 - December 15 < 28"	24	12	12		
	April 15 - May 15 > 28"	12	10	8		
	Note: Sizes and dates are based on DNR Fishing Regulations					
 White Catfish	Patapsco River/Baltimore Harbor	AVOID AVOID AVOID			PCBs - risk driver	
	Lower Potomac River	< 18"	17	13		10
	(DC Line to MD 301 Bridge)	> 18"	11	AVOID		AVOID
 White Perch	Back River	22	17	13	PCBs - risk driver Pesticides***	
	Bohemia River	17	13	10		
	Bush River	14	11	8		
	Chesapeake Bay:					
	off Fairhaven	31	23	18		
	off Fair Lee Creek	18	14	11		
	off Hart Miller Island	13	10	7		
	off Sandy Point	31	23	18		
	Chester River	46	35	27		
	Choptank River	No Advisory	No Advisory	92		
	Elk River (including C&D Canal)	10	7	6		
	Gunpowder River	24	18	14		
	Liberty Reservoir	86	70	42		
	Magothy River	23	17	14		
	Middle River	15	11	9		
	Nanticoke River	No Advisory	No Advisory	No Advisory		
	Northeast River	15	11	9		
	Patapsco River/Baltimore Harbor	5	AVOID	AVOID		
	Patuxent River	84	64	50		
	Pocomoke River	No Advisory	No Advisory	81		
	Potomac River	52	39	31		
	Sassafras River	24	18	14		
	Severn River	33	25	19		
	South River	37	28	22		
	Wye River	No Advisory	No Advisory	No Advisory		

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 Yellow Perch	Frostburg Reservoir and Deep Creek Lake	48	48	24	Methylmercury - risk driver
	Susquehanna River (mainstream)	30	23	18	PCBs - risk driver
	Gunpowder River	29	22	17	PCBs - risk driver
	Bush River	81	61	48	PCBs - risk driver

* **Women** = women of childbearing age (women who are pregnant or may become pregnant, or are nursing)

** **Children** = all young children up to age 6

*** **Pesticides** = banned organochlorine pesticide compounds (include chlordane, DDT, dieldrin, or heptachlor epoxide)